

SKELETON CRUDITE & DIP FOR BRAINS



CLOUDY

MAKES: 4 cups

DIRECTIONS:

1. Stir all the ingredients in a skull-size bowl or scooped-out head of lettuce and refrigerate.
2. For the body:
A zucchini backcone.
Cucumber shoulders.
Celery ribs.
String bean arms.
Carrot legs under red pepper hips.
Broccoli feet with pea

INGREDIENTS:

- 3 cups low-fat yogurt
- 1 cup mayonnaise
- 1/2 cup peach jam
- 1 tablespoon orange juice
- 1/2 teaspoon to 1 tablespoon mild curry powder
- 1/2 teaspoon white pepper

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DIRECTIONS:

- pod toes.
- Cauliflower hands with carrot fingers.
- Cherry tomato elbows and mushroom knees with a red radish heart.



This skeleton cries out for a Halloween party. Along with the traditional candy, serve with a Jack-o-lantern filled with fruit salad!

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